



SALMON

What is It?

- The salmon family, Salmonidae, includes six species of Pacific salmon.
- Wild-caught chinook (king), coho (silver), keta (chum/dog), sockeye (red), and pink (humpy) salmon are the five species harvested in the Pacific Northwest.
- Salmon are born in freshwater and migrate to the ocean to feed and grow before returning to their birthplace to spawn.
- Some populations of salmon travel 30 miles per day on their spawning journeys. That's more than a marathon each day!

Harvest It

- Pacific salmon are harvested through various methods, including gillnet, purse seine, and troll fishing.
- Gillnets are attached to the boat and drift behind it below the ocean surface to catch fish as they swim.
- Purse seine nets capture schools of fish by encircling them with mesh nets.
- Troll fishers tow artificial lures or baited hooks through the water.





Make It

Recipe: Coconut Salmon Curry Yield: 4 servings	
Ingredients	Directions
<ul style="list-style-type: none"> • 3-inch piece of ginger, peeled • 4 cloves garlic • 1 Serrano pepper, seeds removed if you prefer less heat • Salt • Olive or coconut oil • 2 onions, diced • 2 ripe tomatoes, diced • 1 teaspoon honey (optional) • 3/4 teaspoon turmeric • 1 can full-fat coconut milk, whisked with 1/4 cup water • 1 cup cilantro stems • 1 pound salmon, cut into 1-in pieces • Lime wedges • Cilantro • White rice, cooked 	<ol style="list-style-type: none"> 1. Make the curry paste by mashing ginger, garlic, pepper, and a sprinkle of salt with a mortar and pestle. 2. Heat enough oil in a heavy pot to generously coat the bottom. Add the diced onions and let cook until softened. 3. Add the curry paste, spices, and 2 teaspoons salt, stirring constantly to avoid scorching. Add more oil if it starts to burn to the bottom. Let cook for a couple minutes. 4. Add diced tomatoes, let cook for a couple minutes, then add the honey (optional). 5. Add the diluted coconut milk and cilantro stems. When the mixture is gently boiling, stir in the salmon and cover. 6. Let cook for a couple minutes on the burner, then take off the heat. The salmon will finish cooking in the liquid. 7. Serve over white rice with lime wedges and cilantro.

Recipe adapted from [Washington Sea Grant](#).



Make It

Recipe: Salmon Pasta Skillet Yield: 3 servings	
Ingredients	Directions
<ul style="list-style-type: none">• 1 1/2 cups whole grain pasta (shells, elbow, or bow tie)• 1 tablespoon butter or vegetable oil• 2 tablespoons onion, chopped• 1 5-ounce canned salmon, drained (or about 1/2 cup cooked Pacific salmon)• 2 small tomatoes, chopped• 3 tablespoons lemon juice• 1 tablespoon fresh parsley, chopped or 1 teaspoon dried parsley• 1/4 teaspoon salt	<ol style="list-style-type: none">1. Cook pasta according to package directions. Drain, then set aside.2. While pasta is cooking, heat butter or oil in a medium skillet over medium heat (300 F degrees in an electric skillet). Add onion and cook until tender.3. Add cooked pasta, salmon, tomato, lemon juice, parsley, and salt. Cook until heated through.

Recipe adapted from [Oregon Food Hero](#).



Eat It

Salmon is packed with nutrients that support growth and long-term health. It is one of very few foods that contain vitamin D, which plays an important role in supporting bone strength and immune function. It is also a good source of protein, which supports muscle growth and repair, and omega-3 fatty acids, important fats that support healthy heart, brain, and eyes. The vitamin B12 found in salmon helps the body convert food into usable energy.

Read It

- An Incredible Journey (Spanish version), by NOAA Fisheries
- A Salmon Story: Protecting the Future, written by Willie Poll and illustrated by Changelle Trainor-Matties
- The Salmon Run, by Clayton Gauthier

Play It

Enjoy the coloring page from Oregon Food Hero on the next page!

Find It

- Salmon is available at most grocery stores and seafood markets and can be found fresh, frozen or canned. Check the product label or shelf tag to see if it was harvested in The Pacific Northwest or Alaska and be sure to choose wild-caught salmon to ensure you are supporting well-managed fisheries.
- Salmon is in season in the Columbia River in early spring, off the Pacific coast in the summer, and in Puget Sound in the fall. Frozen salmon is a great option because the freezing process locks in salmon's fresh taste, firm texture, and high quality.
- Salmon is also commonly found at Washington state's many farmers and dockside markets, farm stands, and other local markets throughout the market season.
- Search these online map directories to find locally harvested salmon near you:
 - [Washington Food and Farm Finder](#)
 - [Native Grown and Gathered](#)
 - [Local Catch Seafood Finder](#)
- Many farmers and dockside markets and vendors accept WIC Farmers Market Nutrition Program, WIC Fruit and Vegetable Benefit, and SNAP Market Match. Find a farmers market near you here: [Farmers Market in Washington](#).



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Salmon



I like salmon because



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